

Bladder Management Following Spinal Cord Injury: What You Should Know

The Consortium for Spinal Cord Medicine has developed a new consumer guide to explain bladder management options for people with spinal cord injuries (SCI). It is distributed by the Paralyzed Veterans of America. Written by medical experts, this publication offers guidance on successful methods of bladder management that best suits your life style and health care.

The consumer guide provides an overview of the urinary tract system, discusses common bladder issues and concerns, bladder-emptying techniques, and medications. The guide also describes different surgical procedures to assist with gaining more control over poorly functioning bladders and provides advice to those who are considering a bladder management program. This consumer guide is an excellent resource but it is important to keep in mind any information should be discussed with your physician before trying new procedures or making decisions regarding your bladder management routine.

The Arkansas Spinal Cord Commission has obtained copies of the consumer guide and will mail one copy to ASCC clients only. Anyone interested in receiving a copy should contact Mary Jo Stanton at 1-800-459-1517 or call your Case Manager. Other individuals who are interested may request a copy from the PVA website at www.pva.org/site/PageServer?pagename=pubs_main